

Phone: 828-264-9511 Fax: 828-264-9523

www.wataugacounty.org

PERSONAL TRAINING REGISTRATION FORM

PARTICIPANT INFORMATION:			
First Name:	Last Name:	Last Name:	
Birthdate:	Gender: Female N	Male Prefer not to answer	
Home Address:	City/State/Zip:		
Phone Number:	Email Address:		
Preferred method of contact: Phone Call Text Message:	Email:		
PERSONAL TRAINING RATES: WATA	AUGA COUNTY RESIDENT	NON-RESIDENT	
Single person requesting one to three sessions:	\$45 per hour	\$67.50 per hour	
Single person requesting four or more sessions:	\$35 per hour	\$52.50 per hour	
Single group (2-3 people) requesting one to three sessions:	\$40 per person per hour	\$60 per person per hour	
Single group (2-3 people) requesting four or more sessions:	\$30 per person per hour	\$45 per person per hour	
Payment is due at the time of registration. Your information scheduling sessions wit PERSONAL TRAINING INFORMATION: Number of sessions requested: Would you like a specific trainer: Yes / No	will be sent to the personal traind thin five (5) business days.	ers and you will be contacted about	
If yes, please list who:	COUNTY	/	
Please list what type of training you are looking for or the goals you	would like to accomplish:	4	
Do you have any health concerns we should know about:			
Do you have any day or time requests:			
I understand that participating in activities sponsored by Watauga C	•	nat I could be injured as a result of that hose risks for me. There is no insur- I hold harmless Watauga County and	

FOR OFFICE USE ONLY

Staff Member:___

Fee:_

Date:_

Receipt Number:_

WATAUGA COUNTY

PARKS & RECREATION

Phone: 828-264-9511 Fax: 828-264-952

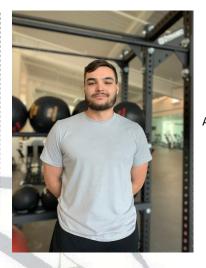
www.wataugacounty.org

TRAINER INFORMATION SHEET



Jessica Welch

AFFA Certified Personal Trainer for 13 years Group Fitness Instructor CPR/AED/First Aid Certified B.S. in Health Promotion



Seth Pruitt

ACSM Certified Personal Trainer
Group Fitness Instructor for 4
years
CPR/AED Certified
B.S. in Health and Exercise
Science

Areas of Specialty:

- Strength Training
- Lifestyle and Weight Management
- Core Strengthening
- Functional Fitness
- Modified Programs

I can help you whether you are new to the gym looking to shed unwanted weight, an avid exerciser looking to build muscle, or somewhere in between.

I have experience with pre and post natal mothers, pre and post surgery patients, special needs population and power lifters.



Chelsea Mudiam

Certified Group Fitness Instructor & Personal Trainer

CPR/AED Certified

Certified CF-L1 Trainer

Specializes in: - Strength & Conditioning - Functional Fitness (Balance, Core Strength, Injury Rehab, etc.) - Power & Olympic

Lifting - Perinatal Fitness - Pilates & Core Stability Programming. Two words sum up my fitness belief system: Intensity and Acceptance. When we bring both Intensity and Acceptance along on our fitness journey, we have a better chance of achieving consistency, results, and long-lasting health. I believe we can all benefit from challenging ourselves with intense workouts, new movements, and programming that shakes up our lifestyles and daily habits. ourselves to run faster or lift heavier.



Estyn Phipps

CPR/AED/ First Aid Certified
Group Fitness Instructor of Cycling, Tai Chi, and Chair Yoga
B.S. in Health Promotions, M.S. in Public Health Nutrition

I specialize in functional fitness, strength training, cardiorespiratory endurance training (running and swimming) and nutrition. I'm very passionate about helping others find happiness in life and feel good about themselves. I believe that when you FEEL GOOD, you excel in life.

WATAUGA COUNTY

PARKS & RECREATION

Phone: 828-264-9511 Fax: 828-264-9523

www.wataugacounty.org

TRAINER INFORMATION SHEET

Addie Coffelt

BS Exercise Science (Expected 2025)



Gabriel Quecedo

CPR/AED Certified

Nation Federation of Personal

Training

B.S. in Science Kinesiology (Study of Body Movement)

I'm a student at App State with a major in exercise science and a minor in nutrition. My specialties for training include strength/weightlifting, functional training, power lifting, and cardio. I am passionate about helping people to become their best selves, physically and mentally! I am a personal trainer looking to help any individual reach their goals and live an overall happier and healthier lifestyle. I specialize in cardiovascular endurance, strength training, mobility, and overall flexibility.

Binnaria

Emily Bauer

CPR/AED Certified

Nation Federation of Personal Training

B.S. in Science Kinesiology (Study of Body Movement)

I gained a passion for fitness when I was training to become

a basketball player. With incorporation of the weight room, this earned me a spot on a state championship level team and I eventually went on to play college basketball. I currently powerlift now as a hobby. Fitness opens up opportunities for a better quality of life and it creates a sense of community. I am blessed to have had the privilege of gaining knowledge through my undergraduate degree and while I obtain my Masters in Exercise Science. These opportunities have allowed me to work and be a part of so many people's journeys. I would love to help you reach your fitness goals!



Marcus

CPR/AED Certified

10+ years Certified Personal
Training

2+ years Certified Healthy
Lifestyle Coaching

I am from Boston, MA (and no, I don't have the accent)! My availability is early mornings & some evenings. My specialties include weight loss, strength & conditioning, core focus, and plant-based nutrition guidance. I am excited to work with you!

WATAUGA COUNTY PARKS&RECREATION

Phone: 828-264-9511 Fax: 828-264-9523

www.wataugacounty.org

TRAINER INFORMATION SHEET

Wendy Ellis



ACE Certified Trainer

CPR/ First Aid /AED

This year marks my 25th in wellness. I love working with people at all stages of their journey; whatever their age, fitness level or goals. My favorite workouts are Water Bootcamp, Kickboxing, Cardio and Strength Intervals, and Dance. I am very experienced in working with Cancer Survivors and those new to exercise or returning after hiatus.

WATAUGA COUNTY
PARKS&RECREATION